THE WOMEN WHO TOOK OVER MUSIC IN 2014

BECAUSE YOU'RE STILL WATCHING THAT "ANACONDA" VIDEO. PAGES 16-17

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BOSTON Wednesday, December 17, 2014 www.metro.us | t: MetroBOS | f: MetroBoston

Marching

Pride. An LGBT (lesbian, gay, bisexual and transgender) veterans group will be the first ever to march in South Boston's St. Patrick's Day parade. PAGE 02

The OutVets group marched in Boston's Veterans Day parade in November. / NICOLAUS CZARNECKI, METRO

Boston PD warns of rideshare sex assaults

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Throw a holiday party worthy of Pinterest

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Pats back in No. 1 spot in power rankings

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2 'VIDEO: Mother calls C-SPAN to scold debating sons on-air'

3 'Men who watch too much porn enjoy sex less: study'

On the go

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Southie St. Patrick's Day gives gay vets green light

Parade rest. South Boston organizers will allow gay veterans groups to march.

Last year's St. Patricks Day Parade in South Boston. / NICOLAUS CZARNECKI, METRO

Organizers for the South Boston St. Patrick's Day parade have given the go-ahead for the first openly gay group to march in the festivities next year.

The Allied War Veterans Council of South Boston voted 5-4 this week in favor of allowing OutVets — an LGBT (lesbian, gay, bisexual and transgender) veterans group — to march in the parade next spring.

Bryan Bishop, founder of OutVets, an Air Force veteran and a chief of staff for the city's Veterans Services, said the inclusion of his group began with conversations between himself and the council's commander, Brian Mahoney.

"I think a lot of people are tired of the controversy around the parade as are most people in South Boston," Bishop said. "Every year it's the same thing over and over again."

He said his group would not be celebrating "anyone's sexuality."

"That's personal. We're celebrating people's service. We are a veterans organization, and that is a key here," he said.

Mahoney is adamant his group has not changed its principles, saying he thought Bishop and his group had "shared goals" with the council.

"There is no problem," he told Metro on Tuesday. "It's a bunch of veterans who bled for this country. A veteran is a veteran is a veteran as far as I'm concerned."

Historically, the council has barred LGBT groups from marching. In 1995, the council went all the way to the U.S. Supreme Court in a challenge to a state court decision that effectively forced organizers to allow LGBT groups to march. The highest court in the land, in a unanimous decision, essentially found that the organizers could include and exclude whomever they wanted.

And the council has done just that, denying LGBT groups a spot in the parade and saying the event was intended to celebrate veterans and Boston's Irish Catholic heritage.

Quoted

"We're trying to run a parade. We're not trying to make any political or social statements. That's not what we're trying to do."

Brian Mahoney, commander of Allied War Veterans Council of South Boston

That intransigence has brought controversy. Political pressure continued to mount through the years as more and more people found the organizers' stance unpalatable.

The late Boston Mayor Tom Menino, for instance, refused to march in the parade because it excluded gay groups. Last year Mayor Martin Walsh, who is the son of Irish immigrants, also boycotted the parade.

This year, it appeared like MassEquality — an LGBT advocacy group — was going to be allowed to march, but negotiations between the group and parade organizers were scuttled at the 11th hour.

Carly Burton, MassEquality's interim co-executive director, applauded the vote.

"This is a great step forward for these veterans and we are pleased that the parade is becoming more inclusive," she said.

Walsh's office indicated on Tuesday that the mayor welcomed the news.

"Mayor Walsh has been advocating for an inclusive parade for quite some time," said Kate Norton, a mayoral spokeswoman. "We're thrilled to hear that the South Boston Allied War Veterans Council has decided to make the 2015 parade an inclusive event."

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Olympics. Walsh joins team to bring Summer games home in 2024

Boston Mayor Martin Walsh, traveled to California on Tuesday as part of a contingent making the city's case that it should host the 2024 Summer Olympics.

Teams from Boston, San Francisco, Washington, D.C. and Los Angeles made hour-long presentations to the 15-member board of directors for the United States Olympic Committee.

The committee decision about whether the U.S. will file a bid — and which city would play host — will be given to the International Olympic Committee next month.

He was invited to participate and share his perspective on what makes Boston a great city, not just for a possible Summer Olympic games, but overall," said Kate Norton, a Walsh spokesman.

Walsh's office did not respond to a request for any copy of his remarks or statements.

Walsh / FILE PHOTO

The proponents of the bid are Boston 2024, a consortium of local political, academic and business leaders. That group says an Olympics in Boston would "accelerate the delivery of improvements in transportation, infrastructure and housing" in the region and would "help catalyze the long-term vision" of the state.

Opponents, including the group No Boston Olympics, argue that hosting the games would be a disaster for taxpayers. They cite the deficits run up by past Olympic host cities and have complained about the lack of transparency surrounding the Boston Games' bidding process.

Calls to the USOC were not returned before press time Tuesday. DANNY MCDONALD

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Boston PD warn of rideshare sex assaults

Caution. Authorities warn residents: Never get into an unmarked taxi or livery car.

A livery vehicle makes its way down Congress Street in Boston. / NICOLAUS CZARNECKI, METRO

Boston Police have issued a warning for the public to be wary of suspicious ride-sharing services after three women claimed to have been sexually assaulted over the weekend.

Investigators on Tuesday issued a late-night alert in Boston in response to the separate incidents, all which happened in the early morning hours Sunday.

The first incident took place around 1 a.m. near Dorchester Avenue and Columbia Road. A woman told police she arranged for the pick-up, and got into a vehicle she believed to be a credible ride-sharing service. The driver then allegedly offered her money and touched her inappropriately.

The woman then received a text message from the actual, authorized rideshare operator stating that he had arrived to pick her up.

Later that morning, at around 2:30 a.m., a woman who said she arranged for transportation from 1030 Commonwealth Avenue to her home was molested while inside the vehicle.

Fifteen minutes later, near Faneuil Hall, a woman was picked up and fell asleep en route to Dorchester. She told police she awoke to the driver indecently assaulting her.

In all three instances, the driver let the women out after they refused his advances.

Despite the short time period in which the alleged assaults took place, and their similarities, police said they are not looking for one suspect.

As of deadline, no arrests had been made and police had not identified the ridesharing companies allegedly involved.

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Mass. Warren comments on potential presidential run: I'm not running

She is adamant: She is not running for president in 2016.

That hasn't stopped the chatter amongst the Democratic base that Sen. Elizabeth Warren should run for the White House in two years.

Rep. Michael Capuano, a Somerville Democrat, indicated he would support a Warren presidential bid earlier this week.

"There are very few people who could be president, and she is in that position," the State House News Service quoted Capuano as saying.

Warren, however, is steadfast in saying she has no interest in running for the country's highest elected office.

"As Sen. Warren has said many times, she is not running for president," Lacey J. Rose, her press secretary told Metro on Tuesday.

Warren, a former Harvard Law School professor, and a fierce advocate for consumer rights and strict financial regulation, was elected to the Senate in 2012.

Hillary Clinton, the former first lady, senator and secretary of state, is widely thought to be interested in becoming the Democratic presidential candidate in 2016.

Jeb Bush, the former GOP governor of Florida and brother and son to former presidents, said Tuesday he run in 2016. DANNY MCDONALD

Elizabeth Warren

Defeated Scott Brown in 2012 election to win Senate seat.

- Previously served as a special advisor for the Consumer Financial Protection Bureau, a position created by President Barack Obama.
- Started teaching at Harvard Law in 1992. Her academic specialty is bankruptcy law.

Warren / FILE PHOTO

Quoted

"As Sen. Warren has said many times, she is not running for president." Lacey

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Sex therapist warns of the porn problem

Q&A. A Boston-area sex doctor weighs in on pornography study.

A new research study found that men who frequently indulge in pornography enjoy a less fulfilling sex life.

The study, in the December 2014 issue of Archives of Sexual Behavior, claimed that too much porn negatively affects "men's expectations and behaviors during sexual encounters."

Dr. Dan Pollets, a credentialed sex therapist based in Medford, offered Metro insight on porn addiction, and tips on how to tackle the habit.

Have you found that porn negatively affects men's sex lives?
Yes. I treat a lot of sex addicts, specifically those who have become addicted or compulsive regarding pornography. That is the biggest category, and it's growing.

What are the effects?
A lot of wives complain that the man is not present during lovemaking. The earlier the exposure, and the higher the frequency and the longer the duration of viewing, the more it affects real-life sexual behavior. It is difficult for men to focus on their partner and become aroused with real human contact. Common symptoms are that they can't get aroused, they have erectile dysfunction, they can't ejaculate, they just don't have an interest in the ho-hum of real-life sex.

Is porn ever a problem with women?
I think women who have sex addictions don't go seeking out help because of shame or discomfort. In my 33 years of work, I could count on my fingers the number of female porn addicts. Plus, women tend to be love addicts, not porn addicts.

Does porn set the bar too high?
In porn, men's penises and the length of their erections are highly unrealistic. The average [erect penis] is 6 inches, but the average of porn actors is about 8 or 9 inches. So men have an unrealistic sense of inadequacy about their bodies. And the way the women look and act in porn don't typically match up with real life, either. If your brain becomes seared with those images — if that is your sexual diet — of course you won't enjoy real life sex.

So how much porn is too much?
If pornography is affecting their capacity for intimacy and relationships, then it's a big problem.

Why do guys love porn so much?
It's free. They think, "Hey, there's no down side. … I'd rather watch my screen." Looking at such provocative images releases dopamine in the brain, and that feeling is just a click away.

But isn't masturbation healthy?
If you want to masturbate, I'd recommend you do it to images in your brain. If you do use porn, just set a limit. Regulate it, manage it, and be aware: It's a slippery slope.

Can't porn spice up a couple's sex life?
If you view it together and use it as an enhancement, the argument can be made that it's fine, as long as it doesn't take you out of the moment. It's better than a man being isolated, watching it alone.

How can porn addicts get help?
The first step is to acknowledge that their sexuality and behavior are out of control. There is a 12-step program called Sex and Love Addicts Anonymous. There are also sex therapists who can help rewire and reset your sex template.

Visit **Metro.us** to read more about the pornography research study.

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The collapse of Putin's economy

Economic instability. U.S. and European sanctions have targeted the finance and oil industries.

Putin / REUTERS

Interest rates

17%

In a surprise move Tuesday, the Russian central bank raised interest rates by the most in 16 years, taking its benchmark to 17 percent. That failed to halt the rout in the ruble, which has plummeted to about 70 rubles a dollar from 34.

The foundations on which Vladimir Putin built his 15 years in charge of Russia are giving way.

The meltdown of the ruble, which has plunged 18 percent against the dollar in the last two days alone, is endangering the mantra of stability around which Putin has based his rule. While his approval rating is near an all-time high on the back of his stance over Ukraine, the currency crisis risks eroding it and undermining his authority, Moscow-based analysts said.

The president took over from an ailing Boris Yeltsin in 1999 with pledges to banish the chaos that characterized his nation's post-communist transition, including the government's 1998 devaluation and default. While he oversaw economic growth and wage increases in all but one of his years as leader, the collapse in oil prices coupled with U.S. and European sanctions present him with the biggest challenge of his presidency.

"People thought: 'He's a strong leader who brought order and helped improve our living standards,'" said Dmitry Oreshkin, an independent political analyst in Moscow. "And now it's the same Putin, he's still got all the power, but everything is collapsing."

While the unfolding crisis may lead to a gradual erosion of Putin's support, any protests that occur will mainly be against lower-level officials, said Igor Bunin, head of Moscow's Center for Political Technologies.

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Women mourn their relative, Mohammed Ali Khan, 15, a student who was killed during an attack by Taliban gunmen at the Army Public School. / REUTERS

Taliban slaughter at least 130 in Pakistan school

Attack. Some 500 pupils between the ages of 10 and 20 were inside the building when the gunfire started.

At least 130 Pakistanis, most of them children, were killed in the broad daylight attack on the military-run school on Tuesday, an assault lauded by Taliban insurgents as revenge for the killings of their own relatives by the Pakistani army.

Reuters interviews with witnesses showed most victims were shot in the first hours of the assault when gunmen sprayed the premises with bullets in an indiscriminate massacre.

It was possible that some were also killed in the ensuing gunfight with Pakistani armed forces who stormed the building.

The school in Peshawar, a Pakistani city on the edge of the country's turbulent tribal belt, is operated by the army. Although it enrolls some civilian students, many of its pupils are children of army officials, the Taliban's intended target.

A group of nine militants, suicide vests tightly strapped to their bodies, burst into the building, according to witnesses. Some said they were wearing Pakistani army uniforms.

They bypassed the heavily guarded main entrance and slipped in through a less frequently used back entrance, according to the witnesses.

Shahrukh Khan, 15, was shot in both legs but survived after hiding under a bench. "One of my teachers was crying, she was shot in the hand and she was crying in pain," he said from a bed in Peshawar's Lady Reading Hospital. **REUTERS**

Quoted

"By targeting students and teachers in this heinous attack, terrorists have once again shown their depravity." Obama

Quoted

"One terrorist then walked up to her and started shooting her until she stopped making any sound. All around me my friends were lying injured and dead." Khan

Pakistan massacre

Kerry says attack angers the world

Secretary of State John Kerry said Tuesday's Taliban attack on a school in Peshawar, Pakistan, in which at least 130 people — most of them children — were killed had angered the world.

"The news of the brazen murder of more than 120 innocent students in Peshawar is devastating," he told reporters. "This morning, wherever you live, wherever you are, those are our children and this is the world's loss.

"This act of terror angers and shakes all people of conscience. ... The perpetrators must be brought to justice," Kerry added. **REUTERS**

JOHN KERRY
GETTY IMAGES

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Seeing the owl picture

It appears that owls love a selfie, too. Megan Lorenz took this shot of a burrowing owl (Athene cunicularia) staring at a GoPro camera during a visit to Cape Coral, Florida. Her picture was a winner in the Backyard Habitat Category in U.S. conservation group National Wildlife Federation's annual photo competition. / MEGAN LORENZ

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Immigration

Obama's plan declared unconstitutional

President Barack Obama's new plan to ease the threat of deportation for 4.7 million undocumented immigrants violates the Constitution, a federal judge found on Tuesday, handing down the first legal ruling against the plan.

The ruling has no immediate impact, with the government saying there was no reason for Judge Arthur Schwab of the Western District of Pennsylvania to address the issue in the case, which concerns 42-year-old Honduran immigrant Elionardo Juarez-Escobar.

Schwab is the first judge to rule on the legality of the plan Obama announced on Nov. 20. The executive action by the Democratic president is opposed by Republicans and is already subject to other legal challenges.

Schwab ruled that the executive action violated the Constitution's guarantee of separation of powers and the separate "take care clause," which requires the president to faithfully execute laws passed by Congress. REUTERS

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Clues. NASA rover discovers organic molecules, methane gas on Mars

NASA's Mars rover Curiosity has found carbon-containing compounds in samples drilled out of an ancient rock, the first definitive detection of organics on the surface of Earth's neighbor planet, scientists said on Tuesday.

The rover also found spurts of methane gas in the atmosphere, a chemical that on Earth is strongly tied to life. Additional studies, which may be beyond the rover's capabilities, are needed to determine if the organic compounds and/or the methane gas were produced by past or present life on Mars or if they stem from geochemical processes.

"We have had a major discovery. We have found organics on Mars," Curiosity lead scientist John Grotzinger, with the California Institute of Technology in Pasadena, California, said during a webcast press conference at a science meeting in San Francisco.

Curiosity picked up hints of organics in its earliest chemical analysis of rocks in Gale Crater, a 96-mile-wide impact basin where the rover made a sky-crane landing in August 2012.

Last week, scientists published research showing the crater was once filled with water, with sediments building up over time to form the 3-mile-high Mount Sharp, which rises from the basin's floor. REUTERS

NASA's Mars rover Curiosity drilled into this rock target, "Cumberland," and collected a powdered sample of material from the rock's interior. / NASA / REUTERS

Quoted

"The probability of any of these things being sources [from life] ... we just have to respect that it is a possibility." Grotzinger

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2

CULTURE

THE WORD

Ned Ehrbar takes on the world of gossip.

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1

Fantasy franchise feminism fracas!

Looking for someone to take issue with "Harry Potter" star Emma Watson's U.N. address about feminism? Well, "Game of Thrones" star Maisie Williams is happy to serve. The 17-year-old tells the Guardian that she's impatient with such "first-world feminism" and is looking to do more. "A lot of what Emma Watson spoke about, I just think, 'That doesn't bother me,'" Williams says. "I know things aren't perfect for women in the U.K. and in America, but there are women in the rest of the world who have it far worse." Your move, Hermione.

ALL PHOTOS GETTY IMAGES

2

Amy Pascal apology tour continues

With more leaked emails hitting the Web every day, it should come as no surprise that Sony chief Amy Pascal gathered her employees this week at the studio's Culver City, California, lot to address the ongoing hacking scandal. And it also shouldn't come as a surprise that we know about the apology because someone snuck out audio of it. "It devastates me that something I did or said in a second would hurt any one of you and for that I am profoundly sorry," a "near tears" Pascal told staffers during a pair of meetings Monday, according to The Hollywood Reporter. At least one employee seemed mollified, telling the trade, "Amy made what sounded like a serious apology."

3

'Frozen' director apologizes for 'Let It Go'

YOUTUBE, DISNEY UK

Parents, "Frozen" director Jennifer Lee feels your pain — and she's so sorry for the agony she has unwittingly had a hand in inflicting upon you. "A year ago, I'd meet people who when they found out who I was they'd say, 'Oh, we love the songs! We sing them all the time,'" Lee tells The Hollywood Reporter. "Now they're like, 'Yep, we're still listening to those songs.' I've gone from, 'Thank you' to, 'Sorry!'" Hey, come on, hakuna matata!

4

Bond martinis confirmed for next film

Bond purists, rejoice. Belvedere Vodka has reportedly signed a multimillion-dollar product placement deal with Sony Pictures — and we didn't even find out via a leaked email! — to feature Daniel Craig's super-spy sipping martinis made with their booze in next year's "Spectre," currently filming in London. This wouldn't normally be news except that many 007 fans are still smarting from the sight of Bond slugging back a Heineken in "Skyfall."

Daily video

Epic Rap Battle, legendary director edition

YOUTUBE, ERB

The hard-working beat masters at Epic Rap Battles of History are going to the movies with their latest, "Steven Spielberg vs. Alfred Hitchcock." And the filmmakers don't pull any punches. "I produce cartoons and video games for all ages, you produce Jimmy Stewart making one of two faces," the "Jurassic Park" director blasts. But Hitch isn't going down without a fight: "Half your billions should go to John Williams, now brace yourself as I reveal my brilliance." Sure, it's billed as Spielberg against Hitchcock, but the feud is quickly co-opted by Quentin Tarantino, Stanley Kubrick and an appropriately shouty Michael Bay. The winner, though, is up to us viewers.

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Interview. 'Survivor' host Jeff Probst talks about how he finds all the people you want to tune in for

Catch the two-hour "Survivor" finale tonight at 8 p.m. on CBS. / CBS

You might find this hard to believe, but the 29th season of "Survivor" wraps up today. And host Jeff Probst's thoughts are already firmly on the 30th, debuting next year. Actually, that's not entirely accurate. He's thinking beyond that. "I'm always amazed at how much time we spend on casting — months and months," he says. "Every year it feels like we're starting over and we're once again even now, looking for Seasons 31 and 32."

And for those upcoming seasons, Probst says they're facing familiar problems with the casting process. "We're once again short on women," he admits. "We can find lippy, loudmouth weird guys all day, every day, but finding a woman who wants to do it, who wants to come out there and has the personality is tough."

You'd think they'd have casting for down pat by now, but not according to Probst. "Here we are 30 seasons later and sometimes I feel like we still don't quite know how to do it yet, and we still end up with people on the show that disappoint us," he says. "I remember about Season 5 or 6, we had back-to-back interviews with people, and one woman came in and told this tragic story of losing her husband in a car accident and how it impacted her life, and all of us were bored. And then the next guy came in and was saying, 'I'm eating some chips downstairs and these potato chips I was looking at,' and we're on the floor laughing. Which guy got on the show? The potato chip guy." NED EHRBAR

Location scouting

Not going back Down Under

"Survivor" went to Australia for its second season, and while it has revisited plenty of places, the show has never returned there. Why is that? "I don't know why we're not back, especially given our location scout is Australian and at least half of our crew are Aussies," Probst says. "I can't even believe I haven't asked why we're not there. I'm sure if I call [producer] Jesse [Jensen] right now, he'd say, 'Oh, mate here's why. Number one, we can't afford it.' That's a big problem right now. It's just the falling dollar."

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Music: Women who ruled 2014

This year solidified something that's been clear for a few years now: When it comes to pop music, the ladies are killing it. Sure, the men put in a good showing, but when you turn on the radio (or stream via Spotify or Pandora or beam it in from space on Sirius XM), you're going to hear a lot of women. These are our picks for the women who defined pop music this year.

LISA WEIDENFELD AND EMILY LAURENCE

Charli XCX

This year was huge for Charli XCX, with "Boom Clap" on the "Fault in Our Stars" soundtrack becoming a must-have for bookish teens everywhere.

Ariana Grande

It was impossible to escape this pint-sized pop-star this year. Her album "My Everything" generated three top tracks: "Problem" (featuring Iggy Azalea), "Break Free" (featuring Zedd) and "Love Me Harder" (featuring The Weeknd). Grande proved her Nickelodeon days are behind her by a long shot.

Taylor Swift

Taylor Swift's reign continued this year with the mega success of her first strictly pop album, "1989." It debuted at No. 1 on the Billboard charts, and her "Shake It Off" video is one of the most watched of the year with over 356 million views. Her album, plus a massive stadium tour and endorsements, helped the 25-year-old earn a cool $57 million this year.

Beyonce

Her album came out in December 2013, technically, but there's no denying that it was one of the biggest hits of 2014, giving us all a chance to say "surfboard" and worship at the throne of Queen B. Plus, her cover of her own "Crazy in Love" turned the "Fifty Shades of Grey" trailer into something genuinely steamy.

Tove Lo

Sometimes singing about sex clubs and getting high can pay off — it did for Swedish singer Tove Lo who broke big here in the States this year with her song, "Habits (Stay High)," which reached No. 3 on the Billboard charts.

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Iggy Azalea

The rapper had what might have been one of the biggest breakthrough years ever, teaming up with Charli XCX for "Fancy" and Ariana Grande for "Problem." And she's already claimed a piece of history: She's the only act other than the Beatles to have her first two top 100 Billboard hits rank Nos. 1 and 2.

Nicki Minaj

If you've gotten "Anaconda" out of your head once since you first heard it, we'd be surprised. Minaj scored another huge hit with this one, as well as garnering tons of hits for the sexy/funny music video co-starring Drake. The video set a Vevo record for the most views in its first 24 hours online, with 19.6 million hits.

Miranda Lambert

Being honored as CMT's Artist of the Year wasn't the only accolade Miranda Lambert racked up this year. She's also up for four Grammys. If she wins, it will be her first time taking one home since 2010. But don't call it a country comeback — her fans have long been supportive of Mrs. Blake Shelton.

ALL PHOTOS GETTY IMAGES

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DECEMBER

12/5-7	Sugarloaf
12/6	Killington
12/12-14	Sunday River
12/13	Sunday River
12/20	Loon
12/21	Killington
12/27	Jay Peak
12/28	Sunday River
12/30	Okemo*

JANUARY

1/3	Stowe
1/4	Killington
1/7	Sunday River*
1/10	Jay Peak
1/11	Cannon
1/16-19	Sugarloaf
1/17	Sunday River
1/18	Killington
1/19	Loon*
1/23-25	Sunday River
1/24	Jay Peak
1/25	Sugarbush
1/30	Sunday River*
1/30-2/1	Jay Peak
1/31	Stowe

FEBRUARY

2/1	Loon
2/4	Cannon*
2/7	Jay Peak
2/8	Sunday River
2/13	Killington*
2/13-16	Montreal
2/14	Stowe
2/15	Jay Peak
2/16	Sunday River*
2/19	Okemo*
2/20-22	Sugarloaf
2/21	Jay Peak
2/22	Kilington
2/25	Wildcat*
2/27-3/1	Sunday River
2/28	Sunday River

MARCH

3/1	Okemo
3/4	Killington*
3/6-8	Sugarloaf
3/7	Sunday River
3/8	Jay Peak
3/13	Cannon*
3/13-15	Orford
3/14	Stowe
3/15	Wildcat
3/17	Loon*
3/20-22	Sunday River
3/21	Jay Peak
3/22	Sugarbush
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Holiday party prep

Tips. Throw a party like a pro.

It's your turn to host. Don't let the painfully curated affairs you see on Pinterest scare you away from inviting loved ones over for a festive bash. We turned to some of the biggest entertaining experts for their tried-and-true holiday hosting tips. Just make sure someone pins the pics.

TINA CHADHA
@TinaatMetro
tina.chadha@metro.us

CAMILLE STYLES
BUFF STRICKLAND

Camille Styles, founder of CamilleStyles.com

Have a plan
As an event stylist and lifestyle blogger, Styles knows all the tricks to throwing a seamless dinner party. "First, create a timeline counting down the 24 hours before mealtime, listing exactly when all menu items should be prepared. Then put that list on the refrigerator door and follow it to the letter," she says.

Avoid clutter
"Create 'zones' in your space devoted to specific activities," says Styles. "Before guests arrive, designate a spot for coats and purses, a place for younger kids to play and a self-serve bar that's separate from the food, so that guests flow throughout the room and maximize available space."

Bake!
Everyone loves homemade treats. Styles shares her recipe for Salted Chocolate Brownie Cookies, which you can find at www.metro.us.

PROVIDED

Abby Larson, founder and editor of Style Me Pretty Living

Abby Larson / BRITTANY AMBRIDGE

Serve seasonal foods
"During the holidays, entertaining becomes more festive and fun if you stock a few seasonal favorites like all of the fixings for hot chocolate and stove top apple cider," says Larson, whose site showcases some of the prettiest parties. "I also like to keep a cheesecake, a breakfast strata and a homemade pasta sauce in the freezer for impromptu parties."

Let your hair down
"Holiday entertaining doesn't have to be formal," insists the lifestyle expert. "There is always a place for messy, practical parties that bring people together like a gift wrapping party, a cookie decorating party or a kid's crafting get-together."

Hand 'em a drink
"The easiest way to make guests feel right at home is with a signature cocktail," says Larson. This season, she's loving Shirley Temples for the little ones and a champagne cocktail for the grown-ups.

Martha Stewart, founder of Martha Stewart Living Omnimedia

Decorate
"Wreaths look great on doors, and even better in unexpected spots," says the domestic queen. "Suspend them in front of a mirror, or hang them indoors on windows." When it comes to the table, Stewart has some rules for the centerpiece. "They should not be too strong-smelling or so tall that you can't clearly see the people across from you," she says, adding, "Centerpieces can be flowers, vegetables, glass, candlesticks or even a fine piece of art."

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Go natural

Set the table

"For this year's holiday table, I created a 'runner' made from evergreen branches and incorporated some vintage candlesticks and a few clusters of red berries," says Styles.

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Party makeup in just minutes

Primp. Getting glam in the office bathroom just got easier.

Face it, there's no time to run home after work to get ready for a party during holiday season. But that doesn't mean you want to show up to the office at 9 a.m. with a face full of makeup or lug a giant cosmetic bag around. Bobbi Brown makeup artist Cassandra Garcia shows us how to get glam on the go.

TINA CHADHA
@TinaatMetro
tina.chadha@metro.us

Quoted

"I always keep two lipsticks in my purse: a neutral and a red."

Cassandra Garcia

Learn how to be your own makeup artist. Bobbi Brown offers a ton of complimentary lessons at all makeup counters and online. / ALL PHOTOS PROVIDED

Statement lip

"The first step is to pick your focus," says Garcia. Are you a bright lip girl? "Then add a red lipstick at the end of the day," she suggests. "It will instantly change your look." To finish, Garcia says to apply a complementary blush. "It balances out the look," she explains. "You see some women who just put on the dark lip — and it's like, 'whoa.'"

SCOTCH ON THE ROCKS $26

Sparkle

If eyes are your focus, bring on the glittery shadow. "It really opens your eyes up and looks super party and super holiday," says Garcia, adding that makeup guru Bobbi Brown loves Sparkle Shadow. "She calls it 'diamond earrings for your eyes.'"

Complete the look by applying a little eyeliner and another coat of mascara at the end of the day.

To avoid clumping that can occur when you layer coats of mascara, Garcia says to make sure to add a very thin layer or try Bobbi Brown's Extreme Party mascara.

"It rewets itself once you use it again at the end of the day," she says.

EXTREME PARTY $25

The most important step

Get rid of any evidence that you've already been to three parties earlier in the week with a quick swipe of concealer under your eyes. Garcia tells us the dos and don'ts.

Base layer To stop your concealer from getting too cake-y, apply a very thin layer of eye cream first, says Garcia: "We get those lines under our eyes because we're a little dry and a little textured under there." But avoid heavy cream because "nothing sticks on to it."

Application Depending on the time and tools you have, either tap in the concealer or apply it with a brush," says Garcia. Here's how: Glide the concealer under the eye. Start by putting it in the inner corner and sweep it up to the lash line. Then tap it in with your finger.

"When you're tapping, the warmth of your finger just melts the concealer into your skin," she says.

Avoid "Don't do concealer on the top of your eye because concealers are a little creamier and will crease your eye shadow," says Garcia. She recommends using a long-wear eye base if you need something for the top of your lid.

CREAMY CONCEALER KIT $35

Corrector vs. concealer

"A corrector is a pink or peach undertone concealer that neutralizes any of the darkness underneath your eye," explains Garcia. Most days using only concealer will do the job, but on days you've pulled all-nighters or just want to look flawless, apply both. "It just looks brighter and a little bit more polished," she says.

The year in food

What we eat took on major significance in 2014 as food's role in health and environmental sustainability hit the headlines. We digest the year's trends with NYU food studies associate professor Lisa Sasson. **EVA KIS**

Gluten-free diet

No, you haven't been secretly allergic to gluten all your life. "Certain people definitely have a disease where they need to avoid gluten, but it's become a fad without scientific basis," she says. "If you don't eat bread and you don't eat cookies or cake anymore, and you find you feel better and you actually lost weight, it's not the gluten — it's because you've eliminated from your diet what may have been the culprit of weight gain."

Coconut

The giant tropical seed that has gone so long being used solely as a vessel for fruity frozen drinks had a breakout year. Its oil does double duty as a healthy cooking alternative and moisturizer, its water is supercharged with nutrients, and its sap has been distilled into the hot, new sweetener (just remember that sugar is still sugar). No other food worked as hard in 2014.

Detoxing

"That word is so loaded, it sounds so 'wow,'" says Sasson, dismissing cleanses as ridiculous. "There is no research to back them, and if anything they can be harmful because some people can eat unhealthily for a few days and think it's OK because they can detox." You're better off getting enough fiber than starving yourself on a juice cleanse.

Kale

We ate ourselves into not one but two shortages this year, and kale is primed to stay hot. "I think we're gonna see more uses for kale — people are gonna go to frozen kale and have it all year round, and maybe more ways to incorporate kale in the diet." Look for other cruciferous veggies, especially cauliflower, to get their turn in the spotlight.

Butter

The New York Times reopened the conversation about butter, but don't think its reputation has been entirely redeemed. While butter is delicious, Sasson allows, it should still be used sparingly. "It's when everything you consume is swimming in butter and you eat a lot of other animal fats that it can be unhealthy."

Gut health

Researchers are linking more and more health issues to an imbalance in gut bacteria, from mood disorders to obesity. To keep your microbiome thriving, Sasson advises getting your probiotics from naturally fermented products like cultured milk, sauerkraut and kimchi instead of supplements. "You can get a lot of really healthy bacteria from food."

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I am Jeffrey S. Glassman, founder of this law firm. I have devoted my professional career to helping and representing injured people for the past 22 years. Injured people need a caring lawyer because too many times insurance companies resist paying fair compensation and benefits to injured victims. When insurance companies fail to do the right thing, I take it personal because the injured victim has already experienced physical, financial, and emotional hardships. When my firm represents you for an injury, we are doing so in the same way I would represent my own mother or sister. Many lawyers claim they will fight for you. They also make claims concerning how much money they can get for you. The difference between saying it and doing it is huge. We are successful because insurance companies know we will file suit and go the distance on your claim.

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Why winter is the best time of year to start doing yoga

Healthy habit. Get stronger in body and mind by connecting with your center.

Kristin McGee and the Aflac duck remind you that having a stronger body can reduce your chance of injury. / PROVIDED

Between the shopping, cooking, visiting, parties, bad weather and traveling, who's got the time or energy to exercise? Except that all those reasons you have for not exercising are exactly the reasons why you should.

The catch-22 is that it's precisely during the holiday season when you're doing more that you fall out of the good habits that keep you healthy. One of those should be yoga, and we talked to celebrity trainer Kristin McGee about why during a class hosted by the insurance company Aflac, which covers expenses when workers are sick or injured.

Prevent accidents

Yoga teaches awareness of your body and strengthens your core, which helps improve balance and can prevent injuries as ice and snow become a problem. "You're using your own body to support yourself in poses, and you get that in the real world as well," says McGee. "You're much less likely to trip and fall; it's easier for you to use your body in a way that's safe."

Keep your healthy resolutions on track

Using your body as leverage doesn't just build muscles; research has shown it increases bone density. Even more than that, "you learn how to use your joints correctly, hinge from the right areas, not over-muscle your way through things, not overstretch, not pull things," McGee says. "The flexibility and the joint mobility is great for injury prevention as well because you're not so stiff — a lot of times people injure themselves when a muscle is stiff."

Don't let stress wreck your mood

"Now that stress is so prevalent and that it's one of the leading causes of disease, yoga really helps with stress release. And I think when we are more stressed, we don't think as well and we're more accident-prone," says McGee. Learning to focus on your breath and clearing your mind during yoga can help you do the same when the holiday season becomes overwhelming. "When you're centered and you're in a better place in your life and you feel fit and healthy on the inside and you've got that peace of mind, you just naturally move better."

EVA KIS
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eva.kis@metro.us

Online

Dirty Yoga

Yoga can take on an added dimension of serenity when you're surrounded by a whole class full of people flowing from one pose to the next. But until you're not the one toppling over during Tree pose, there's Dirty Yoga, the Brooklyn-born online studio of yoga workouts that suit your experience level (including a Prep program for total newbies), available time and fitness goals — the "dirty" part is having it your way. There's no chanting or meditation, just you getting flexible and strong at home. **www.dirtyyogaco.com**

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January 2015	Site
Wednesday 14	Joseph Smith Community Health Center – Allston
Tuesday 20	Bowdoin Street Health Center
Wednesday 21	The Dimock Center
Tuesday 27	South End Community Health Center
Wednesday 28	Joseph Smith Community Health Center – Waltham
Thursday 29	Neponset Health Center

February 2015	Site
Tuesday 3	Bowdoin Street Health Center
Wednesday 11	Joseph Smith Community Health Center – Allston
Tuesday 17	Bowdoin Street Health Center
Wednesday 18	The Dimock Center
Wednesday 25	Joseph Smith Community Health Center – Waltham

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Healthy holiday helpings

Dana-Farber offers tips to fight cancer with your fork this holiday season

The holidays are in full swing and festive food is everywhere. "While these foods are delicious to eat, some have the added bonus of containing cancer-preventing nutrients," says Stephanie Meyers, MS, RD/LDN, a nutritionist at Dana-Farber Cancer Institute in Boston.

Pumpkin isn't just for pie

Pumpkin can be a holiday staple for many families. And for some, it may be one of the tastiest ways to enhance the body's own natural cancer fighting ability, notes Meyers. Pumpkins are packed with nutrients called carotenoids, which have been linked to the prevention of colon, prostate, breast, and lung cancer.
Although many people only eat pumpkin when it is made into a pie, it can also be enjoyed in a variety of other ways, including roasted pumpkin, pumpkin soup and high fiber pumpkin muffins or bread.
It's the bright color that gives pumpkins their rich nutrients, so look for other orange vegetables, like sweet potatoes, carrots, and butternut and acorn squash. All are also high in carotenoids.
Meyers stresses, "It is more beneficial to consume carotenoids from whole foods rather than from supplements, because carotenoids in pill form do not appear to have the same protective properties."
In fact, that is true of many of the nutrients in foods. Eating whole foods typically provides greater health benefits than taking a dietary supplement.

An apple a day

Apples are another food packed with cancer preventing properties, thanks to the nutrient quercetin, which protects DNA in the body's cells from damage that could lead to the development of cancer.
To get the most protection against cancer from apples, eat them with the skin on and not combined with sugar and fats, like in a pie.

Not just for the holidays

Meyers reminds her patients that cranberries aren't just for the holidays and encourages them to eat cranberries year-round. That's because cranberries contain benzoic acid, which has been shown to inhibit the growth of lung cancer, colon cancer, and some forms of leukemia.
She recommends buying bags of cranberries now, while they are in season and at their nutritional peak, and popping them in the freezer for later. This will help ensure that the berries will provide the highest level of cancer protection whenever cooking with them — all year long.

Color your world

The overall key to finding cancer-fighting foods is to look for a lot of color. Look for colorful produce like pomegranates, tomatoes, eggplant, grapes, cherries, and turnip. The brighter and richer the pigment, the higher the level of nutrients.

"You want to load up your plate with as much colorful plant-based foods as you can," explains Meyers. "Eating a plant-based diet all year long is the best way to help lower your risk of cancer."

For more information on nutrition and cancer visit www.dana-farber.org

Dana-Farber Cancer Institute, a principal teaching affiliate of Harvard Medical School, is world renowned for its leadership in adult and pediatric cancer treatment and research. Designated as a comprehensive cancer center by the National Cancer Institute (NCI), it is one of the largest recipients among independent hospitals of NCI and National Institutes of Health grant funding. For more information, go to www.dana-farber.org. Follow Dana-Farber on Facebook: www.facebook.com/danafarbercancerinstitute and on Twitter: @danafarber.

Horoscope

♐ Sagittarius | Nov. 22-Dec. 21. Someone close to you will need help. Your outgoing personality will capture attention and give you the push you need to finish what you start. Meetings, seminars and business trips will prove fruitful.

♑ Capricorn | Dec. 22-Jan. 20. You'll have trouble getting the facts from business and personal partners. It's in your best interest to verify the credentials of people you associate with.

♒ Aquarius | Jan. 21-Feb. 18. Gifts and money are heading in your direction. If you let your imagination take over, you will come up with ways to please the ones you love.

♓ Pisces | Feb. 19-March 20. Be precise when giving instructions in order to avoid wrong impressions. Problems and anger will result if you are misunderstood or misinterpreted.

♈ Aries | March 21-April 20. You will be able to win others to your side. A romantic liaison at an appealing destination will strengthen your bond with someone special. Enjoy the moment.

♉ Taurus | April 21-May 21. Get your financial security in place. Have a discussion about your monetary situation with your financial adviser. Include family members who will be influenced by your decisions.

♊ Gemini | May 22-June 20. Professional gains are possible if you take the time to do an in-depth search before moving forward. Highlighting your versatility will attract someone who is influential and willing to help.

♋ Cancer | June 21-July 22. Suspicious or jealous behavior will lead to a rift with someone. Be honest about your feelings and give whomever you are dealing with a chance to be heard.

♌ Leo | July 23-Aug. 22. An unexpected encounter with an old friend will bring back fond memories. Loosen up, have some fun and find a place where you can enjoy friends.

♍ Virgo | Aug. 23-Sept. 22. A minor mishap at home will remind you to be more careful. You'll have trouble keeping matters in perspective. Someone you trust will have the answers you are looking for.

♎ Libra | Sept. 23-Oct. 22. Attend a community event that all family members will enjoy. A pleasure trip or some judicious pampering will help take care of the stress you have been experiencing.

♏ Scorpio | Oct. 23-Nov. 21. Follow up on an interesting job prospect. Your high energy will make it easier to take care of business and complete your to-do list. EUGENIA LAST

Letters

A fitting punishment

Re: 'Tragedy no excuse for barbarism' (Metro, Dec. 15) I sort of applaud letter writer and crime victim Ruth Conner's aspirations to nobler principles. My father was killed similarly 30 years ago. The men were caught, sent to prison for many years. A young man then, I was incredulous as to why they were not given the legalized death penalty, though the judge deemed a life behind bars would be torturous. That may be, but we were deprived a father, a wife her mate. One day, my father's killer will be freed. But if up to me, I would've been in the front row to see the fatal cocktail sent homeward to see the shooter's eyes close. Then I would have been able to sleep better, much less embittered.
STEVEN P. SCALICI, VIA EMAIL

The truth about grand juries

Re: 'Goodbye, grand jury' (Metro, Dec. 16) If there were no grand jury for the Michael Brown case, do you really think the witnesses would have came forward and told what really happened that day, and as one juror said, "everything being put out in the media that he was shot in cold blood was a lie." These people would have been crucified in their community for speaking the truth in a normal trial or probably never would have came forward. Of course some people think that would have been justice.
DAVE DONNELLY, VIA EMAIL

Re: 'Goodbye, grand jury' (Metro, Dec. 16) The government is still totally lying to us about how dishonest grand juries are. Obviously, our "law enforcement" has a lot to hide. The government says grand juries are a PUBLIC process that should be top secret to ... to ... um ... "protect" the reputation of the accused defendant! But this is the dumbest lie yet, as the police always release the names of every person arrested for a felony, who must then be indicted by SECRET grand jury.
DARCEY LAMENDOLA, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

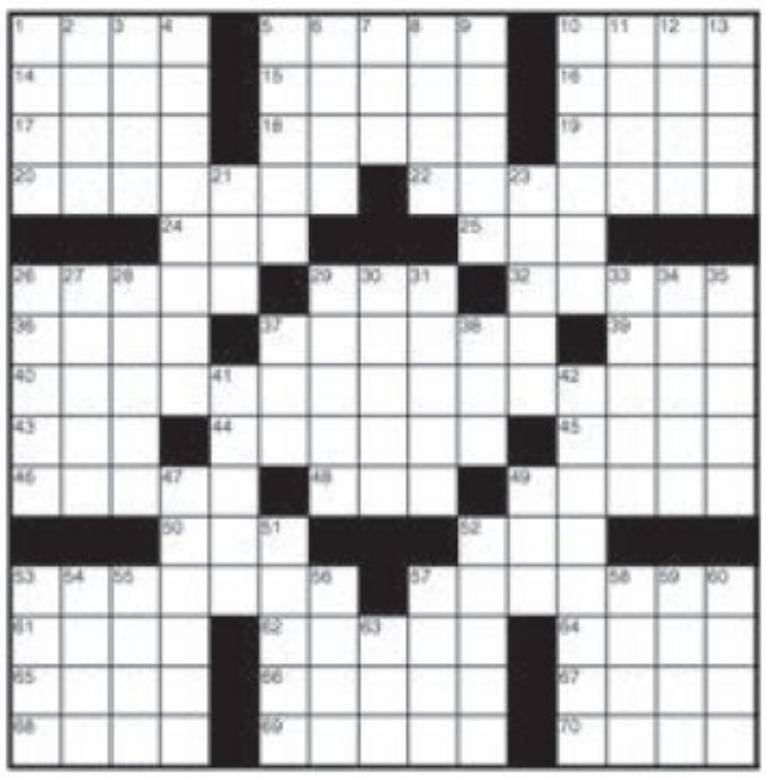
Sudoku: Easy and hard

			9		1	8		3
		8			3	4		1
				5				7
		6					8	9
		9	2	3	7	1		
1	7					2		
2				9				
8		1	3			9		
4		5	1		2			

				5				8
8		6	2				4	3
	5		4			1	6	
			5	2		6		
			6		4			
		2		1	3			
	2	5			8		7	
7	1				5	3		6
4				6				

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword



Across

1 Antony the Roman
5 Look happy
10 Not a bit gaudy
14 Melville novel
15 Famed fabulist
16 Lira's replacement
17 Placid
18 Type of rocket
19 Is prone
20 Frozen dessert
22 Overhead
24 Razor-billed bird
25 To date
26 Play one's — right
29 Good disguise
32 Thunderclaps
36 To — — (exactly)
37 Watercourses
39 Mother rabbit
40 Now-extinct bird (2 wds.)
43 Sooner than
44 Pony noises
45 Lhasa —
46 Rudner and Moreno
48 Utmost degree
49 Bishop's wear
50 Thing to hail
52 Bakery purchase
53 Steaks (hyph.)
57 Idle away
61 Gobs (2 wds.)
62 Ragtime's — Blake
64 Modicum
65 Garr of "Tootsie"
66 I-beam lifter
67 Goofs up
68 Business VIP
69 Wife of Menelaus
70 Trickle slowly

Down

1 Soft shoes
2 Memsahib's nanny
3 Butler, to Gable
4 Good friends
5 Mr. Spock's pa
6 Encounter
7 "Hobby" ender
8 Handed-down stories
9 Super glue
10 Erase, as a file
11 Cliff dwelling
12 Mars, to Plato
13 Big name in speakers
21 Double-decker
23 7-Up rival
26 Upscale garnish
27 Video-game pioneer
28 Odometer button
29 Police van
30 Like helium
31 "Wayne's World" pal
33 Proficient
34 Free to roam
35 Pedro's honorific
37 TV news source
38 Hi-fi records
41 Dreaded assignment
42 Merrymaking
47 Acid in vinegar
49 Pompey's 1002
51 Gray-barked tree
52 Strut with pride
53 Mortgage consideration
54 Holly shrub
55 Yawn inducer
56 Confident
57 Powdery
58 Split a seam
59 Be, to Henri
60 Talk hoarsely
63 Checkbook amt.

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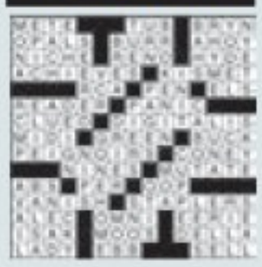

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3 SPORTS

NBA

Smart doubtful

Celtics rookie point guard Marcus Smart is unlikely to play Wednesday at TD Garden when Boston hosts Orlando (7:30 p.m., CSNNE). Smart strained his left Achilles last Friday against the Knicks. The Celtics won without Smart on Monday, slamming the 76ers in Philly, 105-87.

NFL power rankings | by Matt Burke

No. 1

Patriots (11-3)

The Pats are back in the No. 1 spot by virtue of the Packers' loss and their blowout win over a Miami team that was playing for its playoff life. Looking ahead, the Pats' Week 17 game against Buffalo should have plenty of meaning.

No. 2

Broncos (11-3)

Terrance "Pot Roast" Knighton threw a Christmas tree on the Pats-Broncos rivalry fire, telling The Denver Post, "At the end of the year, we're hoisting that trophy ... If we got to go to New England ... we're going to make it happen."

No. 3

Seahawks (10-4)

It seems foolish right now to think that just prior to Thanksgiving many were saying that Seattle might miss the playoffs. This defense has given up an average of just 6.75 points per game since Week 12. Unheard of stuff in this era.

No. 4

Packers (10-4)

Buffalo's pass rush made Aaron Rodgers look like Johnny Manziel. This is simply horrible news for the Buccaneers, Green Bay's opponent this Sunday. The last time Rodgers played following a loss, he threw six touchdown passes in one outing.

No. 5

Cardinals (11-3)

The Cardinals have scored an average of just 12.8 points per game since Week 11. That mark certainly isn't going to improve against the Seahawks this Sunday night. The Cards will then face a checked-out 49ers team in Week 17.

No. 6

Cowboys (10-4)

Need more proof that it's unhealthy to wager on pro football games? Dallas' win at Philly was an all-timer in the "where-the-hell-did-that-come-from?" category. Tony Romo was brilliant against the Eagles, posting a 129.1 QB rating.

No. 7

Lions (10-4)

The Lions are still quietly going about their business. Their 16-14 home win over Minnesota wasn't easy as they had to rally after being down 14-0, but a win is a win over a Vikes squad that is much better than its 6-8 record indicates.

No. 8

Colts (10-4)

Finally, the Colts face some legit competition as they'll tangle with the Cowboys in Dallas this coming weekend. The Indy defense has been better of late, having given up an average of 16 points per game over the past four weeks.

No. 9

Eagles (9-5)

When Mark Sanchez starts doing that twirly thing he does in the pocket, it's over. No Nick Foles at Washington this weekend, so the Birds will have to try to win with No. 3 yet again. Anything and everything is possible going forward with Philly.

No. 10

Ravens (9-5)

The Ravens should get 11 wins. They're at Houston this Sunday before hosting the Browns in Week 17. Joe Flacco has thrown just one interception in Baltimore's last five games. Torrey Smith has cooled after a hot stretch, though, as he had just two catches against the Jags.

No. 11

Steelers (9-5)

Better than the aforementioned Flacco has been Ben Roethlisberger, who posted a 109.2 QB rating at Atlanta this past Sunday and shredded Cincy to the tune of 350 yards passing, three touchdowns and zero INTs the week prior.

No. 12

Bengals (9-4-1)

The Bengals took care of business this past weekend by pounding Manziel and the Browns 30-0. Making their way into the 2014 postseason is going to be difficult, however, as they host the Broncos this Monday and then have to face Pittsburgh on Dec. 28.

No. 13

Bills (8-6)

The Bills allow the fifth-fewest yards per game in the league, at 313.4. They allow the fourth-fewest points per game in the league, at 18.1. In other words, their defense is good. The Bills should cruise this Sunday at Oakland before their Week 17 showdown in Foxboro.

No. 14

Chiefs (8-6)

On paper, the Chiefs should be better than their 8-6 record. Kansas City ranks high in plenty of defensive categories, including yards per game (eighth at 331.8). And they have, arguably, the best back in the league in Jamaal Charles.

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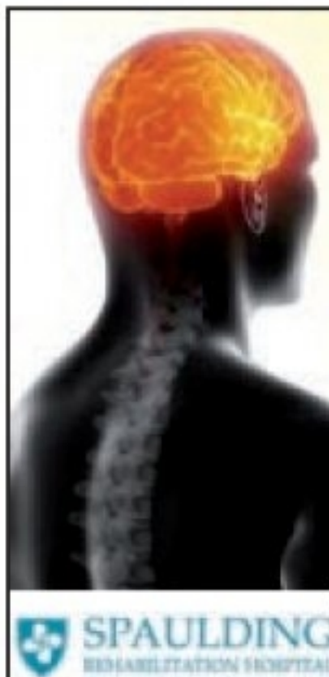

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Whether or not you are currently taking an antidepressant, you may be eligible to participate.

Thinking of Having a Baby?

Participate in a prenatal health and nutrition study!

Receive:

- Free prenatal vitamins
- Up to $200

You may qualify if you are planning to conceive in the next 6 months or if you are in your first 13 weeks of pregnancy

NIH funded study at Brigham and Women's Hospital

BRIGHAM AND WOMEN'S HOSPITAL

PNV Study

Please contact us at:
PNVstudy@partners.org or (617) 525-4129

Clinical Study for Uterine Fibroids

Are you suffering from heavy menstrual periods or other symptoms associated with uterine fibroids?

Newton-Wellesley Hospital is doing a study for women who want treatment for their symptoms but who do not want a hysterectomy.

You may qualify if you are 18 years of age or older and have symptomatic uterine fibroids.

To find out more about the study and to see if you qualify, please contact the TRUST Study group at:

617-243-6916 or
NWHTrustStudy@partners.org

NEWTON-WELLESLEY HOSPITAL

DO YOU WORRY A LOT?

- ARE YOU ANXIOUS?
- DO YOU FEEL NERVOUS MOST OF THE TIME?
- DO YOU HAVE PHYSICAL SYMPTOMS LIKE MUSCLE TENSION, DIFFICULTY SLEEPING, OR POOR CONCENTRATION?

You may be eligible to participate in a research study for Generalized Anxiety Disorder at Boston University funded by the National Institute of Health. Treatment will be provided at no charge.

COMPENSATION MAY BE AVAILABLE FOR ELIGIBLE PARTICIPANTS. ALL INQUIRES ARE KEPT CONFIDENTIAL.

For more information, please call **1-617-358-2249** or email **gate@bu.edu**

MEDICAL RESEARCH

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or email steve.corcoran@metro.us

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Have you been diagnosed with BIPOLAR DISORDER?

Are you currently DEPRESSED?

Are you between the ages of 21 – 65?

If so, you may be eligible to participate in a research study at McLean Hospital on the effects of Low Field Magnetic Stimulation for bipolar depression. Participation involves a screening visit and three 20-minute treatments with our LFMS device.

Participants can be compensated up to $275.

If interested, please contact **Sierra** at **617-855-4433 or lfms@mclean.harvard.edu**

DO YOU HAVE ATOPIC DERMATITIS, OR ECZEMA?

You may be eligible to participate in a research study of an investigational cream

- 18 years of age or older
- About 6 study visits over 9 weeks
- <5% skin involvement with at least one dry, red, itchy area
- Up to $420 in compensation

For more information, please e-mail
harvardskinstudies@partners.org or call (617) 726-5066

MASSACHUSETTS GENERAL HOSPITAL

www.metro.us

NEW ENGLAND COLLEGE OF OPTOMETRY
Boston, MA

IS YOUR CHILD OR YOUR FRIEND'S CHILD 7-11 YEARS OLD?
DO THEY HAVE MYOPIA (NEARSIGHTEDNESS)?*

If so, they may be eligible to participate in the InFocus Study!

Controlling Myopia (Nearsightedness) Progression Through Optical Interventions
Sponsored by Johnson & Johnson Vision Care, Inc.

All eligible participants will receive: (over a period of 3 years)
- ✓ Study related professional eye exams at no cost
- ✓ New prescription eye-glasses at no cost

Some participants will also receive daily disposable soft contact lenses at no cost

In addition, the eligible participants will receive:
- ✓ **Up to $1,000** in compensation for completing the study over a period of 3 years (This includes **$50** for each of the 11-13 follow up visits with the eye doctors and a **$350** one-time payment for full completion of the questionnaires)
- ✓ The opportunity to participate in this study which could potentially benefit other children with myopia

Where: 400 Commonwealth Ave. Unit 2. Boston, MA 02215
For more information about this opportunity, or to enroll your child
Call 617-412-4873 (office) or email guol@neco.edu

Additional information is at www.infocusstudy.com
* Other qualifications will be assessed by the study doctors/staff

Seeking women (18-45 years old) with Anorexia Nervosa

for a research study looking at the effects of a new drug on gastrointestinal symptoms in women with anorexia nervosa

- Includes physical examinations, hormonal evaluations, and blood draws (7 outpatient visits)
- Study drug is given as an injection
- Participants will be randomized to the study drug or placebo
- $1000 remuneration plus parking and/or public transportation reimbursement
- Please contact **Ildiko Gaal** at **617-724-1579** or **igaal@partners.org**

Research Study conducted by the Neuroendocrine Unit at Massachusetts General Hospital

Do you have high blood pressure?

Participate in our research study!

- Age 18-65
- No diabetes
- 14 week study
- Blood pressure medication evaluation
- Blood testing, ultrasound of the heart

Do not have any serious medical conditions.
Receive up to $900 upon completion of the study.

Please Call 617-525-7638

Diabetes, Blood Sugar and Nervous System Study

Women and Men with Diabetes
Ages **18 – 55** Non-smoker

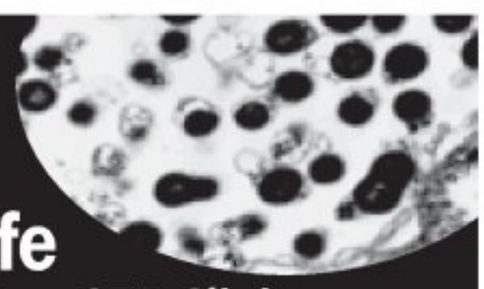
Three 3 day/2 night stays in hospital
Compensation up to **$1500** and free onsite parking

For more information
Please e-mail **Liana Rubinoff**
lrubinof@bidmc.harvard.edu

Division of Neurology,
Beth Israel Deaconess Medical Center

Diabetic Volunteers for Nervous System Study ($1500)
Beth Israel Deaconess Medical Center

Life's Short Play Safe



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Are You Depressed?

And Not In Treatment?

You may be eligible to participate in an 8-week research study testing how Riluzole, when taken along with a standard antidepressant can help people with major depression

To qualify: You must be between the age of 18-75 years, no antidepressant treatment for at least 3 weeks.
Study Details: Eligible participants receive psychiatric evaluations, two blood draws and all study medications free of charge.
Financial compensation: of up to $225 will be provided for completing the study.

For more information, please contact the RAPID Trial Study Coordinator at: **617-525-6497 or RCNET@partners.org**
Brigham and Women's Hospital, A Teaching Affiliate of Harvard Medical School

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- Line Cook
- Dishwasher

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IT

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Software Engineer; Constant Contact, Inc., Waltham, MA: Design & implement JavaScript Object Notion based on RESTful APIs for Constant Contact product offerings. Design, develop & modify software systems. Requires Bachelor's or foreign equiv. in Comp Eng, Comp Sci or closely rel field & 1 yr of exp dev web svcs. Must have demonst. knowledge of Infrastructure, Frameworks, Java, Junit, & SQL. Mail resume to HR, Constant Contact, 1601 Trapelo Rd, Waltham, MA 02451 w/ ref to Job Code: CCDEC14.

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LEGAL NOTICES

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(SEAL) LAND COURT
DEPARTMENT OF THE TRIAL COURT
488537

ORDER OF NOTICE

TO:
John M. Roderick

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act:, 50 U.S.C. App.§501 et seq.:

Nationstar Mortgage LLC,

claiming to have an interest in a Mortgage covering real property in **Boston (District of Roslindale)**, numbered **499 Cummins Highway**, given by **John Roderick** to **Mortgage Electronic Registration Systems, Inc. as nominee for, Taylor, Bean & Whitaker Mortgage Corp., its successors and assigns**, dated **July 31, 2008**, and recorded in **Suffolk County Registry of Deeds** in Book **43874**, Page **123**, and now held by plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before **January 19, 2015** or you will be forever barred from claiming that you are entitled to the benefits of said Act.

Witness, JUDITH C. CUTLER Chief Justice of this Court on December 4, 2014

Attest:

Deborah J. Patterson
Recorder

12/17/14

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